**The Broadcaster** ▪ June 10th, 2021 ▪ 715-432-6285 ▪ stoneyacrescsa@gmail.com ▪ www.stoneyacresfarm.net

 **“Let thy food be thy medicine and thy medicine be thy food.”**

* Hippocrates 460-377 BCE

|  |
| --- |
| News from the Farm  **Welcome to Stoney Acres CSA Week 2, 2020!** I had an interesting conversation with 13 year old Pete Johnson at the farmers market this past week. He asked me if I liked the hot weather. I told him what I told everyone about this heat: despite some mild physical discomfort in terms of working in this heat; I love it! Why? Because when I grow a tomato plant, I like to think like a tomato plant and tomato plants love this weather! (Pete asked an interesting follow-up question which was: “Would you rather have it be 0 degrees for a week or 100 degrees for a week?” after a little hesitancy I said 0 because I think 100 could cause more problems. However, I would take 90 degrees over 10 7 days a week. Speaking of weather it has been a bit herky jerky this spring. It seemed like it would be an early spring, but there are always seasonal rights of passages that dash a grower’s aspirations in North Central Wisconsin like the last frost. We had a couple lasts frosts in my gambling mind. I like to start solanaceous crops (tomatoes, peppers, eggplants(solanaceous = they devour sun)) in the hoophouses around April 15th thinking the added protection of the structure, passive solar charge, and emergency row cover would protect me from the cold nights and let me get the jump of sunny days. Well, I lost a hoop house full of peppers and melons. I was able to put in replacements so the houses are full again and it ended up being only a mild setback. I jumped the gun on my field tomatoes with the warm mid May. After a major effort to cover almost 2 acres, it seemed like we suffered a massive loss. However all the plants 125 feet out from the woods were fine because of how the forest acted like a massive heat exchange that took in heat during the day and released it more slowly at night. I scrambled to find replacements but when we started planting them we saw that even though tops died almost every plant was producing side shoots with a new leader, so we ended up planting another row. Stay tuned for more of what horticulturalists and psychologists call “zone-denial.” **Have a delicious week- Tony, Riley, Ted and Maple** |

**In Your Box**

**Onions**

**Asparagus**

**Beets**

**Kohlrabi**

**Carrots**

**Green Garlic –** like a mild garlicly version of a scallion. eat it all

**Rhubarb –** beep bop reap bop beep bop a reap bop beep bop a reap bop baby rhubarb pie

**Next Week’s Best Guess**: Kale, carrots, microgreens, scallion, kohlrabi, beets Pizza specials of the week – **Vegginald Vel-Johnson-**  Peppers, roasted Fennel, garlic sauce, caramelized onions. **Ben Franklin Soaking Food –** Stoney sausage, peppers, caramelized onions, ajued oyster mushrooms. **Meat n’Heat –** Sausage, Pepperoni, Ham, Hot sauce **Blue Oyster Cult –** Carr valley blue cheese, stoney sausage, ajued oyster mushrooms, garlic sauce **Ann Perkins** – Bacon, green garlic sauce, micro-arugula, and shaved parm in post.

**Farm to Table Recipies Gleaned By Tony and Katie**

**Roasted Kohlrabi:** Peel 6 kohlrabi and cut into 1-inch wedges; toss with 2 tablespoons olive oil, 3/4 teaspoon kosher salt and a pinch of cayenne on a rimmed baking sheet. Roast at 450 degrees F, stirring every 10 minutes, until tender and golden, about 30 minutes. Toss with 3 tablespoons parmesan (or more if you’d like) and top with micro-greens for a little, pretty garnish.

**Kohlrabi Slaw** "A classic creamy coleslaw loaded with veggies!"

Ingredients 2 cups chopped cabbage , 4 kohlrabi bulbs, peeled and grated , 2 stalks celery, sliced thin , 2 carrots, sliced thin , 2 tablespoons minced fresh onion , 1/3 cup white sugar , 1/2 teaspoon salt , 1/8 teaspoon ground black pepper , 1/8 teaspoon celery seed , 1/2 cup mayonnaise , 4 1/2 teaspoons apple cider vinegar

Directions Toss the cabbage, kohlrabi, celery, carrot, and onion together in a large bowl., Whisk the sugar, salt, pepper, celery seed, mayonnaise, and vinegar together in a separate bowl until smooth; pour over the cabbage mixture and stir to coat evenly. Chill in refrigerator 1 hour before serving.

**Ruhbarb Aid**"A delicious pink rhubarb-flavored lemonade! To serve, mix 1 cup of rhubarb syrup with 3 cups of water and pour over ice."Ingredients, 8 cups chopped rhubarb , 3 cups white sugar , 3 tablespoons grated lemon peel , 1 1/2 cups lemon juice Directions Combine the rhubarb, sugar, and grated lemon peel into a large saucepan and bring to a boil. Reduce heat to medium-low and simmer until the sugar has dissolved and the rhubarb releases its juice and starts to break up, about 10 minutes. Remove from heat and stir in the lemon juice. Pour the rhubarb mixture through a fine sieve, pressing out as much liquid as possible.